



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 05-16-12)

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100105 – CHICKEN, LEG QUARTERS, RAW, FROZEN, 40 LB

Nutrition Information

CATEGORY	<ul style="list-style-type: none">Meat/Meat Alternates
PRODUCT DESCRIPTION	<ul style="list-style-type: none">U.S. Grade B or better ready-to-cook bone-in chicken leg quarters with skin that must weigh between 9.0 and 14.5 oz each or produced from ready-to-cook whole broilers/fryers which weigh 2.50 to 4.0 lb packaged without necks and giblets.
PACK/YIELD	<ul style="list-style-type: none">40 lb case.40 lb AP yields about 16.8 lb cooked boned chicken meat with skin and provides about 58.1 1-chicken leg quarter servings.One lb AP yields about 0.42 lb cooked boned chicken meat and skin and provides 1.45 1-chicken leg quarter servings OR about 6.72 1-oz servings cooked poultry meat and skin.CN Crediting: 1 chicken leg quarter with skin provides 4.12 oz-equivalent meat/meat alternate OR 1 oz cooked chicken (with or without skin) provides 1 oz-equivalent meat/meat alternate.
STORAGE	<ul style="list-style-type: none">Store frozen chicken products in original shipping container off the floor at 0°F or below.Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Chicken, one leg, bone removed,
meat and skin, cooked, roasted

	1 oz (28 g)	1 leg (114 g)
Calories	52	210
Protein	6.73 g	27.39 g
Carbohydrate	0 g	0 g
Dietary Fiber	0 g	0 g
Sugars	0 g	0 g
Total Fat	2.52 g	10.25 g
Saturated Fat	.685 g	2.788 g
Trans Fat	0 g	0 g
Cholesterol	36 mg	145 mg
Iron	0.31 mg	1.24 mg
Calcium	3 mg	14 mg
Sodium	27 mg	112 mg
Magnesium	6 mg	26 mg
Potassium	74 mg	301 mg
Vitamin A	19 IU	78 IU
Vitamin A	6 RAE	23 RAE
Vitamin C	0 mg	0 mg
Vitamin E	0.05 mg	0.22 mg



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PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none">• TO THAW: Thaw only the amount needed for 1 day's use. Avoid leftovers. Thaw in refrigerator (35-40°F) overnight on sheet pans. If accidentally thawed, cook promptly. Do not thaw at room temperature. DO NOT REFREEZE. It is not necessary to wash raw chicken. Any bacteria which might be present are destroyed by cooking.• TO COOK: Cook chicken within 24 hours after thawing. Do not partially cook one day and finish cooking the next. Judge doneness by the temperature, not by color or texture of the food. Check the temperature in the innermost part of the leg. Be sure thermometer does not touch bone. Cook chicken products until they reach an internal temperature of 165°F for at least 15 seconds as measured by a thermometer.• Serve promptly or refrigerate at 41°F and use any leftovers within 7 days.
USES AND TIPS	<ul style="list-style-type: none">• Chicken may be baked or oven-fried, broiled, barbecued, or simmered.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none">• Thaw frozen products in the refrigerator below fresh or ready-to-eat foods.• Keep meat and poultry separate from other foods, wash working surfaces (including cutting boards), utensils, and hands after touching meat or poultry.• Sanitize cutting boards, utensils, and countertops by using a solution of 1 Tbsp unscented, liquid chlorine bleach in 1 gallon of water.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none">• For guidance on how to effectively manage, store, and maintain USDA Foods, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm.• For additional information on product dating, go to page 13 of <i>Choice Plus Food Safety Supplement</i> at: http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf.

Nutrient values in the nutrition information section are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.